RESOURCE MANUAL OF SERVICES FOR SENIORS ON PRINCE EDWARD ISLAND

AUGUST 1986

A Summer Student Project by: Kathy Wilson
Souris, P.E.I.

DEPARTMENT OF HEALTH AND SOCIAL SERVICES

OFFICE OF THE MINISTER

August 1, 1986

Dear Seniors and Caregivers:

During the past decade much of the activity of Government, social services and health care agencies has focused on the issues and needs of our aging population.

The Department of Health and Social Services has played a vital role in developing many services to improve the quality of care of our senior citizens. However, we have not been alone in this task since our efforts have been complemented by the efforts of many service agencies and volunteers.

Therefore, I am pleased to commend to you this first edition of the Resource Manual of Services for Senior Citizens. This manual, which is a comprehensive listing of services available to seniors, will be an invaluable reference guide for members of our aging population and care providers alike.

Finally, I would like to congratulate Kathy Wilson who developed this manual under the Department of Industry's Summer Student Job Placement Program.

Yours sincerely,

Keith Milligan
Minister

P.O. Box 2000, Charlottetown, Prince Edward Island, C1A 7N8

3048

ACKNOWLEDGEMENTS

Home Care and Support, Region 5, Souris and area is deeply indebted to a number of people for their valuable help in developing this, the first Resource Manual of Services for Senior Citizens of P.E.I.

Many thanks:

To the groups, organizations, associations, agencies and government departments that contributed information regarding their programmes and services. Their interest and eagerness to participate in the Manual was greatly appreciated.

To Lynn Ann Dixon, Community Support Worker, for her help and guidance in the selection of information and development of the Manual. Without her supervision the Manual would not have taken form.

To Pauline Peters, Regional Director and Home Care Nurse, and all the staff of the Home Care and Support Office in Souris. Their kindness in making me feel welcome and their interest in the Manual was very encouraging.

To Dianne Burke, Secretary, for the long hours spent behind the typewriter developing the material for final printing.

Finally to the Department of Industry's Summer Student Job Placement for making the Resource Manual Project possible.

Kathy Wilson
Summer Student

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I. INFORMATION AND REFERRAL SERVICES

Division of Aging and Extended Care.....892-5471

This division operates seven government manors and two extended care units on Prince Edward Island. This division provides financial assistance to residents of licensed and non-profit homes; counselling to aged persons and their families with respect to service needs and overall care programs, and problems associated with chronic illness of the aged.

For further information contact one of the following homes:

A. GOVERNMENT MANORS: For people who require nursing care.

KINGS COUNTY

Colville Manor
44 Chapel St.
Souris, P.E.I.
Tel. 687-2380
# of beds: 54

Riverview Manor
82 Main St. South
Montague, P.E.I.
Tel. 838-2790
# of beds: 50

QUEENS COUNTY

Beach Grove Home
200 Beach Grove Rd.
Charlottetown, P.E.I.
Tel. 566-4660
# of beds: 125

Prince Edward Home (Prov. Home for the aged)
5 Brighton Rd.
Charlottetown, P.E.I.
Tel. 566-4140
# of beds: 96

PRINCE COUNTY

Maplewood Manor
Church St.
Alberton, P.E.I.
Tel. 853-2383
# of beds: 50

Summerset Manor
205 LeFurgey Ave.
Summerside, P.E.I.
Tel. 436-9261
# of beds: 120

Wedgewood Manor
310 Brophy Ave.
Summerside, P.E.I.
Tel. 436-4831
# of beds: 76

Two extended care units for people who require care over a long period of time:

Hillsborough Hospital
Charlottetown, P.E.I.
Tel. 892-3471

Eric Found Health Center
Charlottetown, P.E.I.
Tel. 894-7331

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B. PRIVATE LICENSED NURSING HOMES:

These nursing homes are not a government institution. They are owned privately but have met the provincial requirement of licensing. Rates vary as does the level of care.

QUEENS COUNTY

Garden Nursing Home
310 North River Road
Charlottetown, P.E.I.
Tel. 892-4131

100 beds with every level of nursing care available from mobile to completely bedridden.

Wood Convalescent Nursing Home
9 Grafton Street
Charlottetown, P.E.I.
Tel. 894-9372

32 beds with every level of nursing care available from mobile to completely bedridden.

Lennox Nursing Home
140 Water Street
Charlottetown, P.E.I.
Tel. 894-4968

28 beds with every level of nursing care available from mobile to completely bedridden.

Livingston & MacArthur Nursing Home
16 Centennial Drive
Sherwood, P.E.I.
Tel. 566-5975

67 beds with every level of nursing care available from mobile to completely bedridden.

PRINCE COUNTY

Kensington Nursing Home
Broadway North
Kensington, P.E.I.
Tel. 836-3669

13 beds with every level of nursing care available from mobile to completely bedridden.

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C. COMMUNITY CARE FACILITIES

These homes provide personal and supervisory care for their patients. Minor nursing care is provided. The patients are given assistance in getting dressed, getting in and out of bed, etc. Patients are healthy and none are bedridden.

KINGS COUNTY

Shady Rest Convalescent Home
Lower Montague
P.E.I.
Tel. 838-4298
# of beds: 21

Nursing Care: Level III

Assessment is done. If patient falls below 57 then he/she goes to a Nursing Home or Manor. If patient is above 57 then supervisory and personal care is provided.

Hillside Inn
29 Main Street
Montague, P.E.I.
Tel. 838-4148
# of beds: 23

Nursing Care: Level I

Supervisory and Personal Care.

The Pines
Montague
P.E.I.
Tel. 838-2656
# of beds: 18

Nursing Care: Supervisory and Personal Care.

QUEENS COUNTY

Andrews Lodge
16 Brighton Road
Charlottetown, P.E.I.
Tel. 892-1975
# of beds: 12

Nursing Care: Levels I & II

Supervisory and Personal Care.

Richmond Lodge
283 Richmond Street
Charlottetown, P.E.I.
Tel. 892-1544
# of beds: 15

Nursing Care: Levels I & II

Supervisory and Personal Care.

Victoria Lodge
44 Brighton Road
Charlottetown, P.E.I.
Tel. 892-2903
# of beds: 8

Nursing Care: Levels I & II

Supervisory and Personal Care.

MacLeods Clinton View Lodge
New London
P.E.I.
Tel. 886-2276
# of beds: 25

Nursing Care: Supervisory and Personal Care.

PRINCE COUNTY

MacDonald's Community Care Home
197 Cambridge
Summerside, P.E.I.
Tel. 436-7359
# of beds: 21

Nursing Care: Supervisory and Personal Care.

Davis Lodge
Tignish
P.E.I.
Tel. 882-3721
# of beds: 16

Nursing Care: Supervisory and Personal Care.

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D. NON-PROFIT HOMES:

QUEENS COUNTY

Sacred Heart Home
13 Haviland Street
Charlottetown, P.E.I.
Tel. 566-1233
# of beds: 132

Nursing Care: Full nursing care is provided.

Sunset Lodge
78 Walthen Drive
Charlottetown, P.E.I.
Tel. 894-7217
# of beds: 67

Nursing Care: All levels provided, 10 nursing beds, 57 community care beds.

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E. SIGN OF THE FISH (in Charlottetown Region only):

A telephone help line offering:

- information
- help with problems
- referrals to professionals
- support in crisis
- emergency transportation
- keep in touch by telephone

Telephone: 894-3474

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F. POSTAL SECURITY ALERT:

The alert program is a free of charge service to help you in times of trouble. It is available to anyone but is primarily geared to elderly people who live alone, handicapped people and shut-ins.

The Postal Service and the Charlottetown City Police work together in this program. The police are given a directory of cards. On these cards will be the persons name, address and the names of three next of kin. If the postal carrier, on his route, notices an accumulation of mail over a two or three day period, snow not attended to, etc., he will contact the City Police. The police will go to the house and see if the person can be raised or contacted. In not, police will locate the next of kin by going to the card.

For further information contact: 894-5513

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G. BUDDY SYSTEM:

The "Buddy System" is a program for seniors who live alone and maybe somewhat isolated because they live in a rural area.

The Riverview Manor, the Montague RCMP and a list of volunteers all work together in this system. If a partner calls and receives no answer from his/her senior, a neighbour is contacted. If the neighbour believes there is an emergency situation he will contact the RCMP who will then make a check.

For more information on the Buddy System contact the Riverview Manor at 838-2790 or the Montague RCMP at 838-2352.

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II. HOUSING

A. P.E.I. HOUSING CORPORATION:

The Prince Edward Island Housing Corporation is a Provincial Crown Corporation responsible for providing opportunities for improved housing conditions for low to moderate income residents. The Corporation offers its services to the public through programs that are designed to make possible the construction of housing projects and also the repair of existing homes.

The P.E.I. Housing Corporation has offices located at each of the following regional services centres:

West Prince Regional Services Centre
P.O. Box 8
O'Leary, P.E.I. C0A 1V0
Tel. 859-2400

East Prince Regional Services Centre
P.O. Box 2063
Summerside, P.E.I. C1N 5L2
Tel. 436-9191

Charlottetown Field Services Office
P.O. Box 2000
Charlottetown, P.E.I. C1A 7N8
Tel. 892-1261

Southern Kings & Queens Services Centre
P.O. Box 1500
Montague, P.E.I. C0A 1R0
Tel. 838-2992

Eastern Kings Regional Services Centre
P.O. Box 550
Souris, P.E.I. C0A 2B0
Tel. 687-3022

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B. EMERGENCY HOME REPAIR PROGRAM FOR SENIORS:

This program is for emergency repairs that are immediately necessary and required to insure the physical safety and health of the occupants. Examples of eligible repairs are unsafe wiring, leaking roofs, collapsing foundations and other items that are definite safety hazards.

To apply applicants must:

- be at least 60 years of age,
- own or have a long tern lease on the dwelling an occupy it as a principal residence,
- meet the income guidelines. As of April 1985 the maximum annual incomes were:
  couples - $13,700
  singles - $ 9,700

An approved applicant will have 30 days after the approval is issued to complete the work.

To apply or find out more information contact the P.E.I. Housing Corporation Office at the Regional Services Centre nearest you.

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C. PROVINCIAL CONTRIBUTION TO SENIORS - HOME REPAIR PROJECT:

This is a localized project using local community groups to undertake such tasks as roof repairs, flooring, putting in windows, etc., for low income seniors free of charge. The P.E.I. Housing Corporation provides grants of up to $750 per home to cover the costs of materials.

For more information or to find out if there is a home repair group in your area contact the P.E.I. Housing Corporation at the Regional Services Centre nearest you.

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D. RESIDENTIAL REHABILITATION ASSISTANCE PROGRAM (RRAP):

This program offers an opportunity to make improvements to your home. RRAP assistance is available to people whose maximum income is $1450. The house must be substandard in at least one of five basic areas: structural soundness, electrical, plumbing, heating or fire safety.

For more information telephone Canadian Mortgage and Housing Corporation (CMHC) at 566-7336.

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E. SENIOR CITIZENS HOUSING:

Senior citizens face many changes as the years pass by. Incomes become less and housing situations change. To meet these needs the federal and provincial governments provide funding for the construction and maintenance of Senior Citizens Housing projects. These projects are administered by the P.E.I. Housing Corporation.

There are presently 988 single units distributed among 36 communities on Prince Edward Island.

To be eligible, the applicant must be 60 years of age or over or from a couple with at least one spouse who has reached the age of 60.

An applicant is interviewed in his/her own home and each applicant goes through a client rating to determine which applicants have the greatest needs. Such things as income, assets, health, age and present accommodations are taken into consideration in the selection of tenants.

FACILITIES:

Most units are one bedroom apartments which also have a livingroom, kitchen, bathroom and storage.

The P.E.I. Housing Corporation is responsible for the provision of hot water, heat, stove and refrigerator and continuous maintenance of the unit.

The tenant is responsible for the balance of the furniture, including drapes and curtains, and the cost of electricity and telephone.

RENT CHARGED:

The rent charged on a unit varies with the income of the tenant involved. The rental charges range from 20% to 25% of the tenant's income, depending on income.

For more information contact the P.E.I. Housing Corporation at the Regional Services Centre nearest you.

WHERE ARE SENIOR CITIZENS' HOUSING PROJECTS LOCATED?

KINGS COUNTY:

Belfast-Eldon
Georgetown
Montague
Morell
Murray Harbour
Murray River
Rollo Bay
St. Peters
Souris
Vernon River

QUEENS COUNTY:

Charlottetown
Cornwall
Crapaud
Hunter River
Kelly's Cross
Mt. Stewart
New London
Parkdale

PRINCE COUNTY:

Abrams Village
Alberton
Bedeque
Bordon
Kensington
Kinkora
Miscouche
Mont Carmel
O'Leary
Rustico
Summerside
Tignish
Tyne Valley
Wellington
Wilmont

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F. OFFICE OF THE RENTALSMAN:

The office of the Rentalsman was established under authority of an Act to provide reveiw of rents in respect of rented promises. The office also provides information to landlords and tennants, stating their rights and also their limitations.

Rent levels are permitted to increase annually by the allowable percentage which is 3%. Increases above this percentage must be approved by application to the Rentalsman.

For further information contact the Rentalsman Office at the Housing Corporation in Charlottetown, telephone 892-0311.

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G. BED AND BREAKFAST:

Accommodations are many and varied across the Island. Most are owned and operated locally and on a seasonal basis. Many are willing to provide winter accommodations to seniors during this harsh part of the year. These seasonal accommodations can offer friendly and personal service to you. The type of accommodation available is very important when choosing where you will stay. There are basically five different accommodations available; housekeeping unit attached to another dwelling, housekeeping unit unattached to another dwelling, room and board, room and kitchen privileges, and room only.

To find out where and what type of accommodations are available contact the Community Support Worker in your area:

KINGS COUNTY

Mrs. Lynn Ann Dixon, (Pauline Peters, TL)
Community Support Services
67 Main Street
P.O. Box 268
Souris, P.E.I. C0A 2B0
Telephone: 687-3022
Toll free: 961-2554

Mrs. Betty Fraser
Community Support Services
Southern Kings & Queen Services Centre
P.O. Box 1500
Montague, P.E.I. C0A 1R0
Telephone: 838-2992

QUEENS COUNTY

Mrs. Lorraine Poole (Arlene Mamye, TL)
Community Support Services
17 Haviland Street
P.O. Box 2000
Charlottetown, P.E.I. C1A 7N8
Telephone: 892-1001

PRINCE COUNTY

Mrs. Maureen Paquet (Jeannita Bernard, TL)
Community Support Services
205 Linden Avenue
Summerside, P.E.I. C1N 2K4
Telephone: 436-2160

John Martin
Community Support Services
Medical Centre (location)
P.O. Box 8
Regional Services Centre
O'Leary, P.E.I. C0B 1V0
Telephone: 859-2100

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III. FINANCES

A. CANADA PENSION PLAN:

Through this plan individuals in the labor force acquire and retain protection for themselves and their families against loss of income on retirement at age 65, disability or death. The six basic types of benefits provided to eligible individuals are: disability pension, retirement pension, disabled contributors child benefit, survivors pension, orphans benefits and a death benefit to estate of contributor.

For more information please call the following number:

Telephone: 566-7850

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B. OLD AGE SECURITY:

The Old Age Security pension is available to Canadian residents when they reach 65. It may also be available to non-residents and recent arrivals depending on the length of time they have resided in Canada. You should apply for Old Age Security at least six months before your 65th birthday. Benefits are adjusted regularly relative to the cost of living.

For more information please call the following number:

Telephone: 566-7850

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C. GUARANTEED INCOME SUPPLEMENT:

This is an additional benefit available to those recipents of the Old Age Security Pension who have little or no income. The amount you receive is determined by your marital status and your total income. You must re-apply every year for this benefit.

For more information please call the following number:

Telephone: 566-7850

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D. SPOUSES ALLOWANCE:

If you are between 60 and 65, and married to, or living as husband and wife with a person who is receiving the Old Age Security Pension and the Guaranteed Income Supplement, you may be eligible for a Spouses Allowance. To qualify you must be a resident of Canada. The benefit is based upon your combined incomes and you must re-apply each year. Benefits are adjusted quarterly to compensate for the increase in cost of living.

For more information please call the following number:

Telephone: 566-7850

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E. WIDOWS ALLOWANCE:

If you are a widow or widower between the ages 60 and 65 and was legally married to your spouse you may be eligible for the Widows Allowance. To apply your income must be $11,424 or less. To apply you must be able to show proof of age, legal status, residence, marriage certificate and be able to show a death certificate of your spouse.

For more information please call the following number:

Telephone: 566-7850

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F. SURVIVORS' BENEFITS:

If your parent or spouse made contributions to the Canada Pension Plan or the Quebec Pension Plan, you may be eligible for Survivors' Benefits. There is a lump sum benefit normally payable to the estate to help with funeral expenses. There is also a monthly benefit payable to the surviving partner and children to age 18 (up to age 25 if they are in continuing education).

For more information please call the following number:

Telephone: 566-7850

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G. DISABILITY BENEFITS:

Contributions to the Canada Pension Plan may entitle you to a Disability Pension. If you should become disabled and cannot work, you or a person acting on your behalf can file an application with your nearest Income Security Programs Office. You will receive a monthly payment which should continue until you are no longer considered disabled or until your death. When you reach age 65, your Disability Pension automatically changes to a Canada Pension Plan Retirement Pension.

For more information on these programs and their benefits telephone the Income Security Programs office nearest you.

Charlottetown: 566-7850

Summerside: 436-9191

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H. TAX DEFERRAL PROGRAM FOR SENIOR CITIZENS:

This tax deferral program was set up by the Provincial Government to aid senior citizens living in P.E.I. The idea behind this program is to lower the cost of living for eligible senior citizens by allowing those interested to apply for a deferral of all property taxes.

To be eligible, you or your spouse must own your residence in P.E.I. and at least one of you must be receiving the Guarenteed Income Supplement (G.I.S.) from the Federal Government.

For further information contact:

Department of Finance
Revenue Division
P.O. Box 880
Charlottetown, P.E.I.

Telephone: 892-8546

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I. WELFARE ACT:

Financial Assistance is offered under the authority of the Welfare Act which ensures the provision of financial support to those in need. In order to be eligible to receive benefits, a persons income/assets from all sources must be less than the allowable expenses outlined in the Welfare Assistance Regulations. Sources of income taken into account include wages, pensions, unemployment insurance, and any other income. Assistance is available for:

a) items of basic need such as food, clothing and shelter.

b) items of special need such as dental and optical care.

For more information contact the Regional Office of the Department of Health and Social Services nearest you.

KINGS COUNTY

Montague Office
Telephone: 838-2992

Morell-St. Peters Office
Telephone: 961-2554

Souris Office
Telephone: 687-3022

Vernon River Office
Telephone: 651-2062

QUEENS COUNTY

Charlottetown Office
Telephone: 892-1261

PRINCE COUNTY

O'Leary Office
Telephone: 859-2400

Tignish Office
Telephone: 853-2918

Tyne Valley Office
Telephone: 831-2110

Summerside Office
Telephone: 436-7294

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J. BANKING AND CREDIT UNION SERVICES:

	BANK OF COMMERCE	BANK OF MONTREAL "SENIOR PLAN"	ROYAL BANK "SIXTY PLUS"	SCOTIA BANK "SCOTIA 59'ERS"	TORONTO DOMINION BANK "PLAN 60"	CREDIT UNION "S.N.A.P."
Bonus Interest	*	*	*	*	*	
No Service Charge on Bill Payments	*	*	*	*	*	
Reduced Rates for Safety Deposit Box	*	*	*	*	*	*
No Charge on Money Orders & Travelers Cheques	*	*	*		*	*
No Charge for Personal Cheque Writing		*	*	*	*	*
Passport Guarantor Services						*
Monthly Payment of Interest on Term Deposits	*		*		*	*
Banking by Mail	*					
Free Financial Advice on Important Papers						*

*Available at this Branch

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IV. HEALTH AND SOCIAL SERVICES

A)i) AUDIOLOGY:

Hearing services are provided through Social Services by a hearing specialist (audiologist). The audiologist confirms hearing loss identified by a medical practitioner and determines if the person can benefit from wearing a hearing aid or using other remedial procedures such as lip reading. This service maintains a central testing facility in the Queen Elizabeth Hospital and holds hearing clinics in various regional offices and manors.

The clinics are held in the following manors:

KINGS COUNTY

Colville Manor
Souris, P.E.I.
Telephone: 687-2380

Riverview Manor
Montague, P.E.I.
Telephone: 838-2790

QUEENS COUNTY

Beach Grove Home
Charlottetown, P.E.I.
Telephone: 566-4660

PRINCE COUNTY

Maplewood Manor
Alberton, P.E.I.
Telephone: 853-2383

Summerset Manor
205 LeFurgey Avenue
Summerside, P.E.I.
Telephone: 436-9261

Wedgewood Manor
310 Brophy Avenue
Summerside, P.E.I.
Telephone: 436-4831

For more information telephone the Audiology Department of the Queen Elizabeth Hospital at 566-6133.

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ii) ONCOLOGY:

The Oncology Division (cancer control) provides a medical services which is available to the public from outside the Department. The Division provides consultation, follow-up and the treatment of cancer and cancer related problems upon referral from outside physicians. Assistance on diagnosis is given when requested. The clinic is located in Special Services at the Queen Elizabeth Hospital.

For a referral please contact your physician.

For more information telephone the clinic at 566-6027.

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iii) SPEECH THERAPY:

Speech therapy is offered to persons of all ages with communicative problems. Assessment, diagnosis and treatment are provided, where possible, for stuttering, pronounciation difficulties, language delay/disorder and voice disorders.

Funding for the Speech Therapy program is provided by the Department of Health and Social Services and at present there are eight positions on P.E.I. with one in O'Leary, Montague, and Souris, two in Summerside and three in Charlottetown.

For more information contact the following number:

Speech Therapist
Rehabilitation Unit
Queen Elizabeth Hospital
P.O. Box 6000
Charlottetown, P.E.I.
Telephone: 566-6099

or

Contact the Regional Services Centre in your area. For listing see page 12.

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iv) NUTRITION:

Nurtition Services are offered to improve the health and well being of individuals by improving eating habits. Good nutrition is important as a person grows older. Your body needs less calories for its involuntary functions but nutrient needs still remain relatively high. Helpful hints on shopping for one, eating alone, stretching your food dollar, etc., are provided.

For information on Nurtition Services that are available please contact:

Division of Services to Aging
Department of Health and Social Services
Charlottetown, P.E.I.
Telephone: 892-5471

Nutrition Services
Queen Elizabeth Hospital
Charlottetown, P.E.I.
Telephone: 566-6004

or

Contact the Regional Services Centre in your area. For listing see page 12.

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B) i) REHABILITATION:

The rehabilitation program is for people who, because of physical, mental or social handicaps need help to live independently within their community. The following services are provided directly or indirectly by Social Services:

1) medical, social, vocational and functional assessments;

2) financial assistance for wheelchairs, medical aids, medically related travel and prothetic devices such as artificial limbs, etc.;

3) rehabilitation counselling, training and job placement referrals.

For any further information required about these services contact the Regional Office in your area. For listing see page 12.

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ii) RESIDENTIAL CARE FOR THE ELDERLY:

The Department of Health and Social Services owns and operates seven residential Homes of Special Care for the elderly. They are: Colville Manor in Souris, Riverview Manor in Montague, Beach Grove Home in Charlottetown, Prince Edward Home in Charlottetown, Maplewood Manor in Alberton, Summerset Manor in Summerside and the Wedgewood Manor is Summerside.

For more information on the services provided by these homes turn to the section Information and Referral Services, page 1.

or

Telephone the Division of Aging and Extended Care at 892-5471.

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iii) SPECIAL CARE UNIT:

The Special Care Unit provides care to chronically ill or functionally disabled persons (physical or mental) whose acute phase of illness is over but whose vital process may or may not be stable, whose potential for rehabilitation may be limited and who requires a range of theraputic services, medical management and skilled nursing care.

The Special Care Unit also provides palliative care for patients with terminal illness thus enabling them to enjoy an improved quality of life for as long as possible.

For more information please contact:

Dr. Found Health Centre
65 McGill Avenue
Charlottetown, P.E.I.
Telephone: 894-7331

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C) PHARMACY:

See Section VII Medical, page 73.

D)i) MENTAL HEALTH:

Community Mental Health Teams

The Department of Health and Social Services has three mental health teams situated in Summerside, Charlottetown, and Montague.

These clinics are staffed by professionals from the disciplines of social work, psychology, psychiatric nursing, occupational therapy and secretarial and have access to psychiatric services.

Services provided include mental health assessments, individual and group therapy, consultations with physicians and human service agencies and education programs to professionals in other services to help broaden their knowledge and increase skills.

No referral is necessary, just call the office nearest you:

KINGS COUNTY

Kings County Memorial Hospital
Montague, P.E.I.
Telephone: 838-4094

QUEENS COUNTY

Richmond Centre
197 Richmond Street
Charlottetown, P.E.I.
Telephone: 892-0394

PRINCE COUNTY

Prince County Health Centre
205 Linden Avenue
Summerside, P.E.I.
Telephone: 436-9124

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ii) PUBLIC HEALTH NURSING:

Public Health Nurses have used their special skills in health promotion and illness care to Island people. The Public Health Nurse is the link between the individual and community health services. The following are the major programs offered by the Division of Nursing: maternal and child health, pre-school health, health education, home nursing care, illness prevention and health maintneance, diabetes education, etc.

For more information contact one of the following:

Nursing Services
Queen Elizabeth Hospital
Public Health
Telephone: 892-1001

or

Contact the Public Health Nursing station in your area:

KINGS COUNTY

Public Health Nursing
Montague, P.E.I.
Telephone: 838-2241

Public Health Nursing Health Centre
Souris, P.E.I.
Telephone: 687-2492

PRINCE COUNTY

Public Health Nursing
Health Centre
Summerside, P.E.I.
Telephone: 436-9124

Public Health Nursing
Co-op Centre
Tignish, P.E.I.
Telephone: 882-3638

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E) P.E.I. HEALTH SERVICES COMMISSION:

Turn to Section VIII Medical; Hospital Services Plan, page 73 and Health Services Plan page 74.

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F) DIVISION OF HOME CARE AND SUPPORT:

Home Care and Support is a division of the Department of Health and Social Services of the P.E.I. Government. Its purpose is to make sure that certain health, social, and community support services are made available to individuals and their families. These services may help people to remain in their own homes or to return to their homes if they have been receiving care in a hospital or some other setting. These services are intended to help people help themselves. It is there to help in a crisis, to relieve family caregivers, to offer additional support, etc.

WHO QUALIFIES:

Any resident of P.E.I. who is assessed to be in need of the service.

COST:

Some of the services are provided free of charge by the government. For others there may be a partial or a full fee to pay. Others may be offered by a willing and able volunteer.

SERVICES AVAILABLE:

i) VISITING HOMEMAKERS: Provides personal care, household tasks that the client is unable to complete, meal preparation, provide social and emotional support, role of a teacher to help client learn or be re-taught to care for themselves, assist with some home management services and be aware of other community supports and refer to proper areas.

ii) COMMUNITY SUPPORT WORKER: Provide case management and co-ordination of services including: conducting general functional assessments, making a plan of action with client/family, ensuring clients are placed in appropriate programs or facilities, provide information and educational opportunities for clients, interested groups, and individuals, assist community groups in planning, developing and monitoring community based services to meet the needs of clients locally, etc.

iii) HOME CARE NURSING: Provides general care of a client, promotes physical and mental rehabilitation, client and family teaching. Some of the procedures which may be carried out: range of motion exercises, preparation of medications, injections, baths, dressings, etc.

The intent of Home Care Nursing is to prevent or reduce prolonged hospital admissions, by helping clients remain in their own homes, or to return to their home from hospital or other setting.

iv) OCCUPATIONAL THERPAY: Prime role is to see clients in home, hospitals, schools, manors, and training centers. Also to educate the family and client, etc. The three main steps of his/her role

1) identify the problem

2) find solution, if none, educate the family

3) independence or decrease dependence

For more information on Home Care and Support and the services it provides contact the Home Care and Support Office in your area:

KINGS COUNTY

Home Care & Support
67 Main Street
Souris, P.E.I.
Telephone: 687-3022

Home Care & Support
Montague, P.E.I.
Telephone: 838-2992

QUEENS COUNTY

Home Care & Support
Charlottetown, P.E.I.
Telephone: 892-1001

PRINCE COUNTY

Home Care & Support
Summerside Health Centre
205 Linden Avenue
Summerside, P.E.I.
Telephone: 436-2169

Home Care & Support
O'Leary Health Centre
O'Leary, P.E.I.
Telephone: 859-2400

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V. COMMUNITY SERVICES:

A. SERVICES TO NON-MANOR RESIDENTS:

Some Manors across the Island offer to non-residents in the community a day program. This day program allows the senior a chance to get out and socialize. Check the following table to see where and what is offered.

August/86	Referral	Cost to Client	Transportation	W-Weekly Operation	Offers Personal Care-Bath/Manicure/Hair	Offers Socialization	Provides a Meal	Remedial Fitness Group Exercise	Injections/ Dressings/ BP Checks	Hot Wax Treatment Hot Pack Treatment
Riverview Manor Tel. 838-2790	from anyone	meal cost	client family	W	*	*	*	*	*	
Colville Manor Tel. 687-2380	from place. officer	meal cost	family homema.	W	*	*	*	*	*	
Maplewood Manor Tel. 853-2383	from place. officer	meal cost	family homema.	W	*	*	*	*		
Beach Grove Tel. 566-4660	from pl. off. cl. req.	meal cost	client family	W	*	*	*	*		
Summerset Manor Tel. 436-9261	from place. officer	meal cost	client family	3/W	*	*	*	*	*	*
Brecken House Tel. 566-4140	homema. PHN, MD, family		prov. home van family	5/W	upon request	*	*			

B. MEALS ON WHEELS:

Meals on Wheels is a community service provided to people who are unable to prepare adequate meals themselves, due to age, illness, disability, lack of cooking facilities or inability to shop. Check the following table to see where their services is provided and what is offers to you.

Aug/86	Souris	Montague	Charlottetown	Summerside	Kensington	O'Leary	Alberton	Tignish
contact person	Sally MacDonald	Susan Thompson	Voluntary Resource Council	Helen Harris	Phyllis Paynter	John Martin	Art & Beth	Mrs. Elva Buote
Tele.	687-2380	838-4600	892-3790	436-4718	836-3794	859-2100	853-2794	859-2008
Days Avail.	Mon - Sun	Mon - Fri	Mon - Fri	Mon - Fri	Mon Wed Fri	Mon Wed Fri	Mon - Fri	Mon Wed Fri
Fee	$1.85	$2.25	$2.00	$1.75	$2.50	$2.00	$2.00	$2.33 $7.00/wk
Meals Prep. By	Colville Manor	Riverview Manor & Memorial Hosp.	Beach Gr. & Prov. Prov. Home	Summerset Manor	Kens. Rec. Centre	United Church	Maplewood Manor	Tignish Legion
Area Served	Town of Souris	Town of Montague	Ch'town	S'Side Wilmont St. Eleanors	Kens.	O'Leary	Alberton	Tignish
Spec. Diets Avail.	Yes	Yes	Yes	Yes	Yes	No	Yes	No

VI. NON-PROFIT ORGANIZATIONS

A. THE CANADIAN RED CROSS SOCIETY:

This organization is always helping people. Red Cross offers many services such as equipment loan service, services for seniors, hospital visiting, etc. These are but a few of the services provided for by the Red Cross Society.

For more information contact:

The Canadian Red Cross Society
P.E.I. Division
21 Prince Street
Charlottetown, P.E.I.
Telephone: 894-8551
If busy telephone: 892-8001

The Queens Regional Branch
62 Prince Street
Charlottetown, P.E.I.
Telephone: 894-4267
In Emergency After Hours Telephone: 569-2635

In Summerside
Telephone: 436-2570

The Red Cross Society also has offices located in the Montague, Souris and O'Leary Service Centres. In Montague the workers are there five days a week. In Souris the workers are there on Wednesday while the volunteers are there Mondays and Wednesdays 1:00 pm - 4:00 pm and on Fridays from 9:00 am - 12:00 am. In the O'Leary office the Red Cross workers are there every day.

For more information please contact the Regional Service Centre in your area (see page 12).

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B. ST. JOHN AMBULANCE:

St. John Ambulance, a non-profit organization, offers a "Healthy Aging" course for middle-aged through senior citizens. This course is developed especially to respond to the health care needs and questions of Canadians as they grow older.

The course is eight hours in length and taught by an Instructor in four sessions of two hours long. The course covers such topics as exercise, nutrition, medications, illness, etc. There are guest speakers and films as well as hand-outs for the groups.

For more information about the "Healthy Aging" course or the St. John Ambulance organization itself, contact:

St. John Ambulance
P.E.I. Provincial Headquarters
P.O. Box 1235
Charlottetown, P.E.I.
Telephone: 894-8356

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C. CANADIAN CANCER SOCIETY:

The Canadian Cancer Society raises funds for cancer research and promotes public education into the causes, symptoms and cures of cancer. It attempts to meet the special needs of cancer patients through its programs of volunteer support services.

Some of the services offered to cancer patients include: hospital and home visits to cancer patients, assistance in purchases of any prothesis, supply dressing and associated medical supplies, payment for certain durgs, etc. Note, however, that each case will be dealt with individually.

For further information on services supplied please contact:

The Canadian Cancer Society
131 Water Street
Charlottetown, P.E.I.
Telephone: 566-4007

or

Contact your area representative of the Cancer Society.

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D. CANADIAN HEART FOUNDATION:

The Canadian Heart Foundation provides constant, up-to-date information to members of the general public on heart disease and its realted risk factors.

Some of the services provided by the Foundation are heart research funding, education programs to schools, communities, and groups, Post Cardiac Education Program, financial support for coronary care training. The Foundation also offers an instructors training in C.P.R. who, upon completion of training, offer C.P.R. courses within communities.

For more information please contact:

The Canadian Heart Foundation
57 Queen Street
Charlottetown, P.E.I.
Telephone: 894-8297

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E. CANADIAN NATIONAL INSTITUTE FOR THE BLIND (CNIB):

The aim of the CNIB is to provide both services for blind people and to promote the prevention of blindness. The emphasis is that blindness should not cause a person to give up their independent life style. The services available include library services, mobility training, recreation activities, rehabilitation and counselling services. Each service is geared to the individual's situation and needs.

For more information please contact:

The Canadian National Institute for the Blind
284 Grafton Street
Charlottetown, P.E.I.
Telephone: 894-4149

i) TALKING BOOKS:

The Confederation Centre Public Library offers a collection of Talking Books (books on cassettes) maintained for loan to blind or handicapped persons, registered for the service. This service is free of charge and, for copyright reasons, is restricted to use by the blind and/or physically handicapped. A signed doctors certificate is required upon application. Books may be borrowed at the Confederation Centre Library or supplied via mail, postage free. A maximum of three books may be borrowed at a time for a three week loan period.

For more information please contact:

The Confederation Centre Public Library
P.O. Box 7000
Charlottetown, P.E.I.
Telephone: 894-7932

Additions/Deletions/Changes:

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F. THE PROTESTANT FAMILY SERVICE BUREAU:

The Protestant Family Service Bureau is a non-profit agency funded by the United Way, Protestant churches, and individual donations. The main objective of the Bureau is to provide counselling and social services to the general public. The services are offered to all people, regardless of race, creed, or religion.

Services available through the Bureau are such services as evaluation and diagnostic studies for individual married couples and families, counselling for persons who have unresolved difficulties at work, credit counselling, individual and group work for persons who wish to enhance their living and communication skills and also the Bureau's Auxiliary operates a used clothing room and a Christmas Shop.

For further information on counselling and services available please contact:

The Protestant Family Service Bureau
216 Queen Street
Charlottetown, P.E.I.
Telephone: 892-2441
or
892-2442

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G. THE CATHOLIC FAMILY SERVICES BUREAU:

The Catholic Family Services Bureau is a non-profit voluntary organization funded by the United Way, government and private donations. General counselling is provided to anyone in the form of individual, family and group counselling. There is an increasing awareness of "older family" situations and a desire to offer assistance. These services are extended to people of all denominations and walks of life.

For further information on counselling and services available please contact:

Sister Mary Power, M.S.W.
Executive Director
P.O. Box 698
129 Pownal Street
Charlottetown, P.E.I.
Telephone: 894-8591

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H. THE SALVATION ARMY:

The Salvation Army is a non-profit organization funded by its own church congregation and by the public through the yearly Red Shield Appeal during the month of May.

Examples of some of the services that the Salvation Army provides are food orders, supplies overnight accomodations, services for family emergencies, work in the field of alcoholism and also the Salvation Army runs the Sunset Lodge (see section on Information and Referral Services page 8).

Direct financial help is not offered. Rather, material goods and services are granted.

For more information about the Salvation Army and services available please contact:

The Salvation Army
158 Fitzroy Street
Charlottetown, P.E.I.
Telephone: 892-2281

In Souris
Telephone: 687-2380

In Montague
Telephone: 838-2298

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I. CANADIAN ASSOCIATION FOR THE MENTALLY RETARDED:

The Canadian Association for the Mentally Retarded is a non-profit organization which has as its main objective to promote the welfare of persons with mental retardation, so they can live a normal and active life in the community.

There are six local Divisions of the Association throughout the province. They are located in Tignish, O'Leary, Summerside, Charlottetown, Montague, and Souris. The Association raises funds through the Flowers of Hope Campaign, membership fees, bequests and fund raising projects.

For more information contact:

The Canadian Association for the Mentally Retarded
193 Hillsboro
Charlottetown, P.E.I.
Telephone: 566-4844

or

Contact one of the six local divisions of the Association in your area:

KINGS COUNTY

Souris
Contact: Susan Chaisson
Telephone: 687-2973

Montague
Contact: Mrs. Pat MacLean
Telephone: 838-2323

QUEENS COUNTY

Charlottetown
Contact: Jim Glover
Telephone: 894-5515 (work)

PRINCE COUNTY

Tignish
Contact: Velda Goody
Telephone: 882-3743

O'Leary
Contact: Merna Phillips
Telephone: 831-2731

Summerside
Contact: Bruce Small
Telephone: 436-5471

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i) RESPITE CARE FOR FAMILIES OF MENTALLY RETARDED:

The P.E.I. Association for the Mentally Retarded and the Department of Health and Social Services can provide respite care for families on P.E.I. with mentally retarded sons and daughters. Rate of pay will vary with the level of care required.

When choosing families to provide respite care service, a home study is done and a formal report is written up. This report then goes before a panel and if approved the family will go through a training program including a C.P.R. course, St. John Ambulance course and a briefing on mental retardation.

The respite care service lasts twenty-one days per year.

For further information please contact:

KINGS COUNTY

Sylvia Knox
Montague, P.E.I.
Telephone: 838-2992
or
Souris at 687-3022

QUEENS COUNTY

Dawna MacDonald/Cindy MacCabe-Horne
Charlottetown, P.E.I.
Telephone: 892-1261

Mary Driscill
P.E.I. Assoication for the Mentally Retarded
Charlottetown, P.E.I.
Telephone: 566-4844

PRINCE COUNTY

Marlene Bulger
O'Leary, P.E.I.
Telephone: 859-2400

Sharon MacLeod
Summerside, P.E.I.
Telephone: 436-7294

8/86

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J. THE MULTIPLE SCLEROSIS SOCIETY:

The main objectives of the Multiple Sclerosis Society are patient services and the expansion on finding a cure for multiple sclerosis. The Society offers support in research for a cure, supplies, when needed, wheelchairs, walkers and other aids when prescribed by a doctor, provides home and hospital visits, social activities for patients. There is also a Multiple Sclerosis Clinic held at the Queen Elizabeth Hospital. The idea of the clinic is to assist the person with respect to their problem with Multiple Sclerosis.

The chapter is funded by donations, membership fees and community activities.

Meetings are held every two months at the Charlottetown Kinsmen Centre on Queen Street, Charlottetown.

For more information please telephone: 892-9402.

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K. THE P.E.I. CEREBRAL PALSY ASSOCIATION:

The Association's main objectives are to develop a better understanding and awareness of Cerebral Palsy to the general public through education, and to provide services to the Cerebral Palsied and their families.

Services sponsored by the Association are to offer information services, hold recreation and social activities, obtain wheelchairs and other needed special equipment, etc. The Association is funded by the United Way of P.E.I., fund raising and other donations.

For further information contact:

Mrs. Sophie MacCallum
273 Fitzroy Street
Charlottetown, P.E.I.
Telephone: 894-5176

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L. THE P.E.I. COUNCIL OF THE DISABLED:

The P.E.I. Council of the Disabled offers an up-to-date Resource Library, free boardroom facilities, reserved parking vechile stickers and signs for use by disabled persons. Resource persons are available upon request as guest speakers. The main objectives of the Council are to promote the welfare of disabled persons in this province, educate the public on all types and degrees of disabilities, be a strong lobbying voice on behalf of the disabled person, etc.

For more information please contact:

The P.E.I. Council of the Disabled
94 Great George Street
Charlottetown, P.E.I.
Telephone: 892-9149
or
892-4612

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Additions/Deletions/Changes:

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M. THE P.E.I. REHABILITATION COUNCIL:

The P.E.I. Rehabilitation Council is a volunteer organization, formed to serve the physically and mentally disabled public. Serivces offered include providing services to disabled children and adults which are otherwise not provided, provision of transportation to medical centres for patients and escorts and provision of medication and prosthetic and orthopedic equipment to individuals requiring same.

The Council is funded by the Charlottetown Rotary Club and the Summerside Rotary Club through the sale of Easter Seals.

For more information please contact:

The P.E.I. Rehabilitation Council
100 Prince Street
Charlottetown, P.E.I.
Telephone: 892-6755

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N. P.E.I. RECREATION AND SPORTS ASSOCIATION FOR THE DISABLED:

This association is a registered, charitable, non-profit organization which receives partial funding from the P.E.I. Government, general membership and through contributions.

Target groups of the P.E.I.R.S.A.D. include those persons who, because of a mental or physical disability, are experiencing difficulty in participating in a satisfactory and meaningful range of recreation and sport activities.

The primary objectives include improving the quality of life for the disabled person, ensuring the adequate provision of sports and recreation opportunities for disabled persons and assisting via the Therapeutic Recreation Consultant, other organizations and professionals in planning and implementing recreation and sport programmes designed to meet the needs of disabled individuals.

For more information please contact:

Frank MacIntyre
Recreation and Sport Consultant
P.O. Box 841
17 Haviland Street
Charlottetown, P.E.I.
Telephone: 892-5363

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O. P.E.I. ASSOCIATION FOR THE HEARING IMPAIRED:

The P.E.I. Association for the Hearing Impaired is a non-profit organization that is involved with the total range of hearing impairment, that is from the hard of hearing to the profoundly deaf.

The Association works in close contact with the Department of Education, Department of Health and Social Serivces, Department of Justice, Charlottetown Police Department and also the Department of Manpower.

The Association hopes to bring the hearing impaired more into the community life. At the present time it provides captioned films, social evenings and public information to make hearing people more aware of the contributions hearing impaired people can make to the community.

For further information please contact:

Mr. Don Spence
c/o Island Telephone C.
69 Belvedere Avenue
Charlottetown, P.E.I.
Telephone: 566-0125

or

Audiology Department
Queen Elizabeth Hospital
P.O. Box 6600
Charlottetown, P.E.I.
Telephone: 566-6133

or

Department of Social Services
Speech Therapy Division
17 Haviland Street
Charlottetown, P.E.I.
Telephone: 892-1261

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i) TELEPHONE PIONEERS:

Telephone Pioneers is an organization that works with the hearing impaired, visually impaired and also the mentally handicapped.

The organization is comprised of people who have been in the communication business for 18 years or more. Upon retirement the individual automatically becomes a life member.

Prince Edward Island together with Nova Scotia and Newfoundland, make up the Abegweit Council. Telephone Pioneers on the Island work in close association with the P.E.I. Association for the Hearing Impaired, but they also work with people on an individual basis.

Telephone Pioneers can provide many worthwhile services to the public. One service popular with the elderly are the provisions of amplifying devices for the telephone that make hearing easier. An assessment is done on the person and the devices are put in the telephone according to need. Other services include the donation of special toys to the Queen Elizabeth Hospital and the Canadian National Institute for the Blind.

For further information on Telephone Pioneers and the services they provide please contact:

Mr. Don Spence
c/o Island Telephone Co.
69 Belvedere Avenue
Charlottetown, P.E.I.
Telephone: 566-0125

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P. HOSPICE:

Hospice is a team of professionals and trained volunteers organized to assist in the care and support of the terminally ill of any age and their families. Assistance may take any form, be it physical, emotional, or spiritual.

The Hospice team composed of physicians, nurses, clergy, trained volunteers, the patient and the patients family consult to discuss the needs of all concerned and work together to improve the quality of remaining life. Support is also extended to the family during the mourning period.

Hospice philosophy recognizes that it is not always possible to cure diseases, however, helping someone to die is really helping them to live more fully during the last stages of life.

Hospice works on a referral service from your physician and there is no fee for Hospice services.

For more information please contact one of the local chapters in your area:

KINGS COUNTY

Hospice of Southern Kings County Inc.
P.O. Box 893
Montague, P.E.I.
Telephone: 838-2269
Contact: Francesca Gregori

QUEENS COUNTY

Island Hospice Association
Eric Found Health Centre
Charlottetown, P.E.I.
Telephone: 894-7331
Contact: Gail Kennedy

PRINCE COUNTY

Island Hospice Association
West Prince Chapter
Maplewood Manor
Alberton, P.E.I.
Telephone: 853-2383

Island Hospice Association
Summerside Chapter
Nurses Residence of Prince County Hospital
Telephone: 436-5386
Contact: Francis Hamilton-Irving

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VII. FEDERAL PROGRAMS

A. LISTEN TO ME:

"Listen To Me" is a program set up under the National Advisory Council on Aging. "Listen To Me" is a consultation process to have older people focus on decision making and how they can get involved in the process.

For more information please contact:

Anne Power
195 Main Street
Souris, P.E.I.
Telephone: 687-2158

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B. NEW HORIZONS:

The possibilities for projects which are funded under this Federal Health and Welfare Canada program are almost endless. A wide range of activities have been supported by this program, reflecting the wealth of knowledge, energy and enthusiasm which older people have to offer. The idea is to actively involve retired people in the life and needs of their own community.

To submit an application there must be ten interested volunteers (most of whom are over the age of 60 or retired) who would be willing to assume responsibility for managing and directing the activity.

These grants are meant to provide operating funds for up to 18 months of the life of the project.

For more information on this program please contact:

New Horizons
3 Harbour Side
Suite 101
P.O. Box 1238
Charlottetown, P.E.I.
Telephone: 566-7850
or
566-7857

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VIII. MEDICAL

The Hospital Services Plan and the Health Services Plan form part of the overall health services of the province. Both of these plans cover all bona fide residents who are not eligible for specified services under other Government Plans such as Worker's Compensation or Federal Plans.

A. HOSPITAL SERVICES PLAN:

The Hospital Services Plan provides the legislative authority under which residents of the province are insured against the costs of hospital care and other services in aid of diagnosis and treatment. The Hospital Services Plan can be divided into two sections; Insured In-Patient Benefits and Insured Out-Patient Benefits.

Insured In-Patient Benefits include such benefits as the following:

- -accommodations and meals at standard ward level
- -necessary nursing services
- -routine surgical supplies
- -use of operating room, case room and anesthetic facilities including necessary equipment and supplies.

Insured Out-Patient Benefits include such benefits as the following:

- -necessary meals, such as are supplied to standard ward patients
- -necessary nursing services
- -use of operating room and anesthetic facilities
- -routine surgical supplies.

For further information on coverage, services, etc., contact:

Hospital Services Commission
P.O. Box 4500
Charlottetown, P.E.I.
Telephone: 892-4281

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F. DEATH BENEFITS:

Several pension plans provided by the government, by companies, or privately, include survivor benefits. As sources of income for the deceased should be checked to see what kind of provisions are made for survivors. Because of the the different ways these pensions and annuities are treated under the Income Tax Act, it is important for a surviving spouse to examine all options. If you need assistance with this task, consult your lawyer, family or minister.

For more information on Death Benefits that are available to you turn to Section III on Finances Page 25 and 26.

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B. HEALTH SERVICES PLAN:

The plan contributes toward the cost of most medically required services rendered by physicians including:

- -visits to the patients home, to the doctors office or in the hospital
- -anesthetic services
- -surgical services
- -obstetrical services, including pre-natal and post-natal
- -certain oral surgery procedures performed by dentists where admission to hospital is required.

For further information on coverage, services, etc., contact:

Health Services Commission
P.O. Box 4500
Charlottetown, P.E.I.
Telephone: 892-4281

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C. BLUE CROSS:

Blue Cross insurance plans are designed to supplement the provincial health insurance plan for residents of P.E.I. That is, it will pay for certain health services or needs not covered under medicare. Blue Cross offers several plans with a variety of benefits including prescription drugs, semi-private hospital rooms, medical equipment rentals, hearing aids, etc. In order to receive these benefits a premium (membership due) must be paid by the individual.

If you are 65 years of age or over and already have prescription drug coverage under a government sponsored program, you will automatically receive the following Special Extended Health Benefits (professional ambulance service, vision care, hearing aids, V.O.N. services) at no additional cost. However, you must give 30 days notice before leaving your job.

For further specifics and applications contact:

Blue Cross of Atlantic Canada
214 Queen Street
P.O. Box 385
Charlottetown, P.E.I.
Telephone: 892-6111

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D. PHARMACARE FOR SENIORS:

With the April 21st election came a new Liberal government and the with new government came a Pharmacare Program for seniors which will enable the government to assist senior citizens by sharing some of the financial burden of high drug costs.

Listed below are the features of the Proposed Drug Cost Assistance Plan for Senior Citizens:

-Eligible person must be age 65 years or older.

-Must apply for I.D. Card--this will take place in November or December 1986--one time only application, no expiry date on card.

-Persons will apply for a card in the month prior to reaching their 65th birthday.

-Most prescribed products will be a benefit--financial decisions in this area have not been made.

-Co-pay, this means that the Senior Citizen will pay the dispensing fee (currently $5.90) plus $4.00 toward each prescription. Government plan will pay the balance.

-Seniors will go to their local pharmacy to get prescriptions filled. They will have to present their I.D. Card--they will not have to deal with government offices or send in receipts, etc.

The Honourable Keith Milligan anticipates that all the administrative details of the Drug Cost Assistance Plan will be finalized by December 1986 and that the identity cards will be mailed to seniors at that time also. Benefits under the plan will be available January 1, 1987.

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IX. DEPARTMENT OF VETERANS AFFAIRS

A. AGING VETERANS PROGRAM:

Aging Veterans Program is a program aimed at helping veterans to maintain or improve their quality of life by assisting them to remain healthy and independent in their own homes or communities.

The primary purpose of the Aging Veterans Program is to provide long-term care in the community, preferably in the veteran's home.

Benefits offered under the program include Home Care, Nursing Home Intermediate Care, Adult Residential Care, Ambulatory Health Care, Home Adaptations and Transportation.

For more information and details on the Aging Veterans Program contact:

Veterans Affairs Canada
P.E.I. District Office
Confederation Court Tower-134
Kent Street
Charlottetown, P.E.I.
Telephone: 566-8677

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X. EDUCATION:

A. UNIVERSITY OF PRINCE EDWARD ISLAND:

The University of Prince Edward Island has made a variety of courses available to those over 60 at no tuition or book cost. These courses are held through out the year on the campus and senior citizens are encouraged to participate in furthering their education.

For further information contact the University. They will be pleased to answer any questions you have or assist you in any way they can.

Telephone: 566-0608
or
566-0300

or

Write: The University of Prince Edward Island
550 University Avenue
Charlottetown, P.E.I.

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B. ELDERHOSTEL:

Elderhostel is an educational programme for seniors on the move and the University of Prince Edward Island is one of the many universities across Canada involved in this programme.

Elderhostel is open to anyone 55 years of age and older who are interested in being introduced or re-introduced to the education process. It involves one week of specially designed courses where by the senior becomes familiar with Island life. The senior lives in residence and becomes exposed to campus life.

The week involves such things as trips to the MicMac Indian Village, Lieutenant-Governors Home, the Bird Sanctuary, etc. Some of the courses available are History of P.E.I., College of the Island and Folklore of P.E.I.

Cost for the Elderhostel week is $180/week (this is subject to change).

For more information please contact the Extension Department at the University. Telephone: 566-0336

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C. HOLLAND COLLEGE:

Holland College has a wide variety of courses available to the public. Although there are no speical courses set aside for seniors there are a number of courses that may be of interest to them. Such things as plumbing, woodwork, photography, weaving, autobody, carpentry, etc. are only a few that are offered.

For more information watch your newspaper for a list of courses and registration dates or contact Holland College in the following areas:

KINGS COUNTY

Holland College Centre
Souris, P.E.I.
Telephone: 687-3341

Holland College Office Studies
Montague, P.E.I.
Telephone: 838-4070

QUEENS COUNTY

Holland College
Charlottetown Centre
Telephone: 566-9500

Holland College
Royalty Centre
Telephone: 566-9300

PRINCE COUNTY

Holland College
Summerside Centre
Telephone: 436-7261

Holland College
West Prince Centre
Elmsdale, P.E.I.
Telephone: 853-2200

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D. COMMUNITY SCHOOL:

Across the province Community Schools are open to the public starting in the early winter months. There are a wide range of courses offered such as dancing, woodwork, corchetting, cake decorating, etc. These courses are given by volunteers and are made available to you at a small cost.

Watch your newspaper and church bulletin for information concerning where and when Community School is available in your community. A contacts' name will be listed also.

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E. INTERGENERATIONAL PROGRAM:

This program was a federally funded 2 1/2 year project which was terminated in August 1986. The purpose of the program was to foster positive attitudes amongst youth about the elderly and the aging process, and to provide an opportunity to utilize talents and skills of our elderly citizens. It was a program that brought our elderly and our youth together, both physically and attitudionally. Perhaps now that the seeds have been planted the program can be funded again sometime in the future! In the meantime, it is hoped that the interactions which began with the Intergration program will continue to grow naturally.

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XI. RECREATION

A. NATIONAL FILM BOARD:

A wide variety of films are available to senior citizens groups free of charge. The Media Centre in Charlottetown has an existing program with all the manors on the Island where by 10 films are given out at no charge for the residents to view.

For more information please write or phone:

Media Centre
National Film Board
202 Richmond Street
Charlottetown, P.E.I.
Telephone: 892-6612

or

Provincial Film Library
202 Richmond Street
Charlottetown, P.E.I.
Telephone: 892-3504

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B. CONFEDERATION CENTRE LIBRARY:

The Confederation Centre Library is a division of the Provincial Library which through twenty-two community libraries and bookmobiles, provides public library service to all segments of the public on Prince Edward Island.

The main goal of the Confederation Centre Public Library is to give public access to recorded information through quality library service.

The library has about 60,000 books available on loan. Talking books (books on cassettes) is a service of particular interest to the blind. The library will also mail books to disabled persons. Large print books are available for people with visual difficulties.

For more information please contact:

Confederation Centre Public Library
P.O. Box 7000
Charlottetown, P.E.I.
Telephone: 892-7932

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C. BOOKMOBILES:

There are presently two Bookmobiles on Prince Edward Island. They carry their own selection of books along with a selection of large print books. Listed below are the various stops the Bookmobiles make. Check and see if they stop in your area.

KINGS COUNTY

Georgetown Senior Citizens Housing

Lower Montague - Shady Rest Nursing Home

Montague - MacLaren Building
- Riverview Manor

Rollo Bay Senior Citizens Housing

Souris - Colville Manor

QUEENS COUNTY

Charlottetown - 34 Hunt Avenue
- Prince Edward Home

Crapaud Senior Citizens Housing

Kelly's Cross Senior Citizens Housing

MacLeod Clinton View Lodge

Parkdale - Lions Crescent

PRINCE COUNTY

Alberton - Maplewood Manor

Bedeque Senior Citizens Housing

Bordon Senior Citizens Housing

Kensington Senior Citizens Housing

Miscouche Senior Citizens Housing

North Rustico Seniors Citizens Housing

Summerside Senior Citizens Housing - Lefurgy Avenue
- Linden Avenue

Summerset Manor

Wedgewood Manor

For more information please telephone 892-3504 and ask for extension 73.

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D. Y.M.C.A.:

Unused muscles (at any age) become weaker and smaller. Bones too, become more fragile with inactivity. That is why it is important to exercise during your entire lifetime, and it is never too late to begin a fitness program.

The Y.M.C.A. has a variety of programs available to anyone who is interested. One popular program with seniors is acqua-fitness. This program consists of exercising in the pool and the best thing is you do not have to know how to swim. Other programs include aerobics, swimming lessons, exercise room, etc. So get out and get moving!

For more information your local Y.M.C.A. can provide further details:

Y.M.C.A.
252 Prince Street
Charlottetown, P.E.I.
Telephone: 894-3425

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E. CONFEDERATION CENTRE OF THE ARTS:

A great source of entertainment is the Charlottetown Festival which runs from June 17 - October 11. A variety of different shows are offered including the famous "Anne of Green Gables".

Discounts are offered to senior citizens, 65 and over. The discount is $2.00 of all the seating sections except the center select. Also groups of 20 or more attending any one performance will receive $2.00 off per ticket (except center select).

Several entrances are now available for the physically disabled. When purchasing tickets, please inform the Ticketworks operator or cashier about special needs. A limited number of theatre wheelchair locations are available upon advance request. Wheelchairs are available free of charge at the Stage Door Entrance.

Special devices are available for the hearing impaired at the Concession Stand in the Lower Foyer. A deposit which is fully refundable is required. There are a limited number of these devices.

For more information please contact:

The Festival Ticketworks
P.O. Box 848
Charlottetown, P.E.I.
Telephone: 566-2464
Box Office: 566-1267

Also a number of summer exhibitions take place in Confederation Centre Art Gallery that reflect life, past, and present on Prince Edward Island.

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F. CAMEO CABARET:

Situated opposite Confederation Centre of the Arts at the corner of University Avenue and Grafton Street is the Cameo Cabaret where theatre is at its best. For an evening of entertainment keep it in mind.

For more information please contact the Ticketworks, Festival Agnecies or
Telephone: 566-2464

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G. ROYAL CANADIAN LEGION:

Your local branch of the Royal Canadian Legion offers you a place to sit back, relax and be with friends. There are presently twenty-two branches on Prince Edward Island. The Legion branches are active in their communities with such things as Remembrance Day Services, the sponsoring of Sea Cadets, Youth Movement, educational bursaries and sports of all kinds.

Meetings are held monthly, with monthly news letters being distributed, as well as a Legion magazine from Ottawa.

For more information please contact the local branch of the Royal Canadian Legion in your area.

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H. PRINCE EDWARD ISLAND SENIOR CITIZENS FEDERATION :

The Prince Edward Island Senior Citizens Federation was established in 1971. Membership is open to persons of any age but only members over sixty will be eligible to vote or hold office.

The objectives are to prevent discrimination and promote the welfare of senior citizens; to protect their rights and act as an advisory board; promote projects and social fellowships among seniors.

Services offered are:

Promote activities and social contact, such as dances, chorus, bands, and community activities.

Try to activate senior citizens and help them in life difficulties.

The Federation assists in setting up individual community senior groups. Members devise their own programs and activities and also to promote community involvement.

For more information please contact the Senior Citizen Club President in your area:

Belfast
Happy Hours Club
John Nicholson, Orwell Cove

Cardigan
St. Andrews Fellowship Club
Stanley Burke, Cardigan RR #6

Eastern Kings
Senior Neighbour
Mrs. Florence MacLean, Souris RR #2

Georgetown
Three Rivers Club
Mrs. K. LeLacheur, Georgetown

Morell
Jubilee Club
Mrs. Eileen Dunn, Morell

Montague
Golden Age Club
Mrs. Elsie Musich

Murray Harbour
S. C. Club
Mrs. Cecelia Penny, Murray Harbour

Murray River
S. C. Club
Chester Whiteway, Murray River

Rollo Bay
Golden Age Club
Mrs. Edwin Peters, Souris

St. Charles
Friendship Club
Mrs. Olive Cahill, Souris

St. Georges
Happy Pioneers
John Falloon, Cardigan RR #1

St. Peters
S. C. Club
Mrs. Myra Squires, St. Peters P.O.

St. Teresa & Area
S. C. Club
Mrs. Helen Laird, Mt. Stewart RR #5

Souris
Silver Threads Club
Frank Deagle, Souris P.O.

Uigg
Happy Wanderers Club
Harry Lavers, Vernon RR #2

Vernon & Millview
Friendship Circle
Mrs. Ruth VanIderstine

QUEENS COUNTY

Bonshaw
S. C. Club
Mrs. Dorothy MacPhail, Bonshaw

Charlottetown
Duvar Court
Doris McAssey, 20 Duvar Court, Charlottetown

Charlottetown
Golden Years Club
Mrs. Mary Sutherland, 30 Lincolnwood Dr., Charlottetown

Charlottetown
Kinsmen S. C. Club
Roland Selleck, 10 Donwood Dr., Charlottetown

Charlottetown
Maryfield S. C. Club
Mrs. Peter MacIntyre, 7 Rankin Court, Charlottetown

Charlottetown
Pleasant Pilgrims
Mrs. Margaret McGonnell, 10 Andrews Court, Charlottetown

Charlottetown
Sacred Heart Home Residents Council
John Blanchard, Sacred Heart Home

Charlottetown
Salvation Army Sunset Club
Mrs. Catherine Gray, 78 Wathen Dr., Charlottetown

Charlottetown
Sharing and Caring Club
Sister Mary Irene MacKinnon, 141 Mt. Edward Rd.

Charlottetown
Young at Heart Club
Mrs. Erma Horm, 501 Queen St., Charlottetown

Cornwall
Ever Young S. C. Club
Mrs. Owie Dawson

Crapaud
Millstream Club
Mrs. Olga Carlsen, Crapaud

Champion Court
S. C. Club
Mr. Edgar Newson, #9 Champion Court, Room #102, C1A 8W2

East Royalty
Village Club
Mrs. Jean McMillan, RR #3

Fort Augustus
Shamrock Club
Daniel Holloced, Charlottetown RR #5

Hunter River
Central Queens Club
William Clow, Hunter River

Mt. Stewart
Lady Slipper Club
Mrs. Mary Baker, Mt. Stewart

Parkdale
The Royal Circle
Mrs. Sterling Birt, Park Royal Court

Parkdale
Lions S. C. The Friendly Crescent
Mrs. Beatrice MacQuarrie, 7 Lions Crescent, Charlottetown

Southport
Mayflower Club
Mrs. Florance Smith, Langley Rd., Charlottetown

Tracadie
Good Neighbour Club
Mrs. Rita Lacey, Mt. Stewart

Victoria
Second Mile Club
Mrs. Marion MacQuarrie, Victoria

West Royalty
S. C. Club
Mrs. Ruth Enman, 30 Enman Crescent

Wheatly River
Club 46
Mrs. Leonard Ling, Winsloe

PRINCE COUNTY

Alberton
Jolly Senior Citizen
W. M. Wallace, Alberton RR #1

Alberton
Maplewood Manor
Loch O'Brien, Manor

Argyle Shore
Argyle Shore Breeze
Edith McPhail, Bonshaw RR #1

The Dock
Jubilee Achievers
Mrs. Lloyd Wilkie, Alberton RR #1

Augustine Cove
Abeqweit Club
Roy Cutcliffe, Augustine Cove

Bedeque & Freetown
Jolly Circle
Mrs. Alfred Reeves, Freetown

Borden
Gateway Club
Mrs. Sadie Warren, Borden

Breadalbane
Hilltoppers Club
Mrs. Beatrice MacLean, Breadalbane

Duvar
S. C. Club
Ted Gallant, Bloomfield RR #2

Egmont Bay
Club 50
Polycarpe Arsenault, Richmond RR #2

Ellerslie
Friendly S. C. Club
Mrs. Ada Milligan, Ellerslie

Grand River
Maple Leaf Club
Mrs. Willard Gillis, Richmond RR #2

Kensington
Happy Group
Mrs. Daisy Paynter, Kensington RR #2

Kinkora
Maple Leaf Club
Mrs. Mary McIver, Kinkora

Miscouche
Miscouche Court
Tilmon DesRoches, Miscouche

North Rustico
Star of the Sea Club
Albert Gallant, Hunter River RR #2

O'Leary
Sunshine Club
Jerry Richards, P.O. Box 104, O'Leary

Palmer Road
Lady Slipper Club
Mrs. Viola Keefe, Tignish

St. Eleanors
S. C. Club
Ernest Moore, 432 South Drive, St. Eleanors

South Rustico
Rustico Bay Club
Alvin Gallant, Winsloe

Summerside
Summerset Court Club
Mrs. Josie Delaney, 18 LeFurgey Ave., Summerside

Summerside
Parkview Club
Wesley Currie, 180 Victoria Road, Summerside

Summerside
Summerset Manor
205 LeFurgey Ave., Summerside

Tignish
Sunshine Club
Mrs. Eulalie Gillis, Tignish

Tyne Valley
Britannia Club

Wellington
S. C. Club
Mrs. Bernice Reid, Wellington

West Point
S. C. Club
Mrs. Eleanor Wood, West Point

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I. PARKS:

i) P.E.I. NATIONAL PARK:

The P.E.I. National Park offers to senior citizens a "Senior Citizens Pass". This pass allows them to enter and leave the park without having to pay the regular fee of twenty dollars. In order to receive this pass you must be able to show some proof of age.

For more information please contact the P.E.I. National Park. Telephone 672-2664

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ii) PROVINCIAL PARKS:

The Provincial Parks offer to P.E.I. Seniors a 50% discount off daily fees Monday to Thursday.

For more information please contact:

Transportation and Public Works
Telephone: 892-7431
or
892-0291

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XII. TRANSPORTATION

A. AIRLINES:

i) AIR CANADA:

Air Canada offers those 65 years and over a discount of 25% on regular air fare. This applies to Canada only. Excursion fares offer a discount but there is no set percentage because it all depends on the time of year you are planning your trip.

For more information contact Air Canada at the following numbers:

Charlottetown - Telephone: 892-1007
Summerside - Telephone: 436-4888

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ii) CP AIR:

CP Air offers those 65 years and over a discount of 25% to 30% on regular air fare in Canada and also internationally.

For more information contact CP Air at the following numbers:

Charlottetown - Telephone: 892-3581
Summerside - Telephone: 1-800-565-1069 (no charge dial)

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B. FERRY SERVICE:

i) NORTHUMBERLAND FERRIES LIMITED:

Northumberland Ferries Limited provides ferry service to and from the Island. The crossing runs from Wood Islands, Prince Edward Island to Caribou, Nova Scotia and takes approximately one hour and fifteen minutes. Service is provided from May 1 to December 20 (depending on ice conditions).

Ferry rates are subject to change without notice. At present senior citizens are charged for travelling one way, $2.25 (June 20 to September 2) and $2.00 for the remainder of the year. Automobiles are charged $9.10 while the rate for trailers/campers vaires with the length of the trailer/camper.

Disabled persons requiring assistance should identify themselves at the toll booth.

For more information write to:

Northumberland Ferries Limited
P.O. Box 634
Charlottetown, P.E.I.

For traffic information call the following:

Head Office	Telephone:	566-3838
Wood Islands Terminal	Telephone:	962-2016
Caribou Terminal	Telephone:	485-6580

Also remember that sailing times are announced daily on the radio station.

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ii) CN MARINE:

CN Marine provides ferry service from Borden, Prince Edward Island to Cape Tormentine, New Brunswick. The crossing takes approximately fourty-five minutes in the summer and sixty minutes during the off season.

Ferry rates are subject to change without notice. At present adults 65 and over are charged for travelling one way, $1.60 (July, August) and $1.40 for the remainder of the year. Automobiles are charged $6.00 while the rate for trailers/ campers varies with the length of the trailer/ camper.

Disabled persons should check in with the terminal for special services that are available to them.

For more information please contact:

CN Marine-Information & Reservation All Services Telephone: 1-800-565-9470 (no charge)

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C. TRAIN SERVICE:

Although we are an Island surrounded by water, train service is available in New Brunswick for those who would rather travel by train than the bus. The train offers a comfortable way of travel to its passengers where service is friendly and kind.

Senior Citizens are given a discount of 33% off the cost of regular fare. Wheelchairs and wheelchair lifts are available for the disabled.

For more information on prices, departure times, etc., please contact:

Via Rail Canada Inc.
Reservations-Information-Tickets
Telephone: 1-800-561-3952 (no charge)
or
892-7028

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D. BUS SERVICE:

i) ISLAND TRANSIT:

This service provides transportation to residents of Prince Edward Island. Island Transit operates on two routes. The first route is a year round service running from Tignish to Charlottetown and return. This service runs every day except Wednesday and Sunday. The second route is a daily route operating in the summer months from June 1 to Thanksgiving Day in October. It runs from Souris to Charlottetown and from Charlottetown to New Glasgow and return.

Senior citizens are given a discount of 10% off all ticket prices.

Island Transit also offers a "parcel express" service. Packages up to 100 lbs. will be delivered for a $2.00 cost. The parcel must be taken to the bus station and must be properly packaged. However, the person must pick the parcel up; it will not be delivered to their door.

For more information telephone: 892-6167

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E. TAXI SERVICE:

Taxi's offer a quick and easy mode of transportation. Make sure you ask before paying if they offer a special rate for seniors.

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F. SPECIAL TRANSPORTATION SERVICES:

i) PAT AND THE ELEPHANT:

Pat and the Elephant is a non-profit organization who's main objective and service is to provide transportation to disabled persons in order to bring them out of a sheltered world. The "Elephant" services all wheelchair and disabled persons, in nursing homes, private homes, or institutions.

The Elephant operates the following hours:

8:00 am to 11:00 pm - Mondays, Fridays, and Saturdays

8:00 am to 10:00 pm - Tuesdays, Wednesdays and Thursdays

10:00 am to 10:00 pm - Sundays

Costs:

Individuals - $3.00 for one way trip within Charlottetown

- $6.00 for return trip within five mile radius of Charlottetown

Charter - $50.00 fee for the van, plus .25¢ per kilometer travelled by the van and $10.00 holding charge.

For further information or service please contact:

Pat Rogers, Manager
8 Richmond Street
Charlottetown, P.E.I.
Telephone: 894-3339

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ii) TRANSPORTATION FOR CANCER PATIENTS:

Necessary transportation for cancer patients is provided by the Canadian Cancer Society. Since each case is different it is recommended that the individual in need or a family member call the Canadian Cancer Society and discuss their policy on this service with them.

Please contact:

The Canadian Cancer Society
131 Water Street
Charlottetown, P.E.I.
Telephone: 566-4007

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iii) WHEELS INCORPORATED:

Wheels Incorporated was formed on Prince Edward Island by a group of senior citizens and disabled persons. The purpose of "Wheels" is to provide a transportation service to groups of senior citizens and disabled persons.

Groups are required to pay a rental fee for the use of the bus. The fee is $5.00 per hour for up to nine hours, with a minimun charge of $25.00. Daily rate is $50.00.

Groups must provide gas for the bus, and a driver who has been approved by the Village of Cornwall and Wheels Incorporated. Wheels Incorporated will provide a list of drivers from which the group renting the bus may choose a name.

Payment of the driver is the responsibility of the renting group.

For further information on renting this bus contact:

Marion Bell
25 King Square
Charlottetown, P.E.I.
Telephone: 894-8908

or

Sophie MacCallum
273 Fitzroy Street
Charlottetown, P.E.I.
Telephone: 892-5173

For information on the Group Contact:

Richard W. Montigny
13 Linden Avenue
Charlottetown, P.E.I.
Telephone: 892-6705 (home)
566-2354 (office)

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XIII. SAFETY:

A. "Better Safe then Sorry". For your safety and protection keep the telephone numbers of your local fire department, police department, hospital and ambulance near the telephone. Listed below are the numbers; check for the numbers in your area:

KINGS COUNTY

FIRE DEPARTMENT:

Vernon River	Telephone:	894-4698
Montague	Telephone:	838-2211
Cardigan	Telephone:	583-2222
Georgetown	Telephone:	652-2411
Morell	Telephone:	961-2000
St. Peters	Telephone:	961-2828
Mount Stewart	Telephone:	676-2222
Murray Harbour	Telephone:	962-3063
Murray River	Telephone:	962-2166
Souris	Telephone:	687-2211
South Lake	Telephone:	357-2222

POLICE DEPARTMENT:

Souris Office	Telephone:	687-2027
Montague Office	Telephone:	838-2352
Charlottetown Office	Telephone:	566-7111 or 894-5513

HOSPITALS:

Queen Elizabeth Hospital	Telephone:	566-6111
	Emergency:	566-6200
Souris Hospital	Telephone:	687-2467
Montague Hospital	Telephone:	838-2152

AMBULANCE:

Frasers Ambulance Montague	Telephone:	838-2459
Dingwells Ambulance Souris	Telephone:	687-3299
Neils Ambulance Charlottetown	Telephone:	892-5311

QUEENS COUNTY

FIRE DEPARTMENT:

Crapaud	Telephone:	652-2200
Cove Head	Telephone:	672-2700
Kent Fire Station	Telephone:	894-3113
Eldon	Telephone:	659-2406
New London	Telephone:	886-2555
New Haven	Telephone:	566-2111
Parkdale	Telephone:	894-3122
Sherwood	Telephone:	892-6654
North River	Telephone:	566-2111

POLICE DEPARTMENT:

Charlottetown Office	Telephone:	566-7111 or 894-5513

HOSPITAL:

Queen Elizabeth Hospital	Telephone: Emergency:	566-6111 566-6200
Hillsborough Hospital	Telephone:	892-3471

AMBULANCE:

Neils Ambulance Charlottetown	Telephone:	892-5311

PRINCE COUNTY

FIRE DEPARTMENT:

Tignish	Telephone:	882-3333
Borden	Telephone:	855-2001
Alberton	Telephone:	853-2144
Kensington	Telephone:	836-3311
Kinkora	Telephone:	887-2222
Miscouche	Telephone:	436-5070
North Rustico	Telephone:	963-2200
O'Leary	Telephone:	859-2233
Tyne Valley	Telephone:	831-2222
Wellington	Telephone:	854-2222
Mimenegash	Telephone:	882-3666
Lennox Island	Telephone:	831-2636

POLICE DEPARTMENT:

St. Eleanors	Telephone:	436-5519
Summerside	Telephone:	436-9222
Charlottetown	Telephone:	566-7111 or 894-5513

HOSPITALS:

Prince County Hospital	Telephone:	436-9131
Western Hospital	Telephone:	855-2330
Queen Elizabeth Hospital	Telephone:	566-6111
	Emergency:	566-6200

AMBULANCE:

Rooneys Ambulance Alberton	Telephone:	853-2811
Royal Ambulance Summerside	Telephone:	436-4844
Douglas V. Ferguson O'Leary	Telephone:	859-2768

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B. PRECAUTIONS WITH MEDICATION:

There is a time and place for the use of drugs in combatting illnessess. However, care needs to be exercised. If you are taking more than one medication at a time, including those not prescribed by a doctor, these drugs can interfere with each other. Make sure you tell your doctor and pharmacist about all medications you are taking.

Accidents can happen very easily. An important munber to have close by your telephone is the Poison Control number at the Queen Elizabeth Hospital. In case of an emergency telephone:

Poison Control: 566-6250

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C. FOR YOUR PROTECTION:

Criminals often regard older persons as easy targets for many kinds of crimes. Every elderly person should be aware of these crimes and how to prevent them.

The Department of Justice (Consumer Division) has helpful pamphlets with imformation on "con games" and "sweet-talk crimes", door-to-door sales, mail fraud schemes such as home improvement offers, business opportunities and medical frauds. Other helpful crime prevention tips are also given.

For these pamphlets and other helpful information please contact:

The Department of Justice (Consumer Division)
P.O. Box 2000
Charlottetown, P.E.I.
Telephone: 892-5411

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XIV. LEGAL INFORMATION

A. P.E.I. HUMAN RIGHTS COMMISSION:

The P.E.I. Human Rights Commission was established in September of 1976 by the Government of Prince Edward Island for the purpose of administering the P.E.I. Human Rights Act.

The Commission serves all segments of society within the Province of Prince Edward Island. The main objective of the Commission is the protection of the rights of all P.E.I. residents in areas of employment and access to services, facilities, and accommodations.

Among other things, the Act authorizes the Commission to inquire into and seek to effect a settlement of any official complaint lodged with the Commission alleging discrimination as defined in the Act. "Discrimination" is defined in the Act as meaning discrimination in relation to the race, religion, creed, color, sex, marital status, ethnic or national origin, age, physical disability or political belief, of any individual or class of individuals.

For further information contact:

Human Rights Commission
180 Richmond Street
Charlottetown, P.E.I.
Telephone: 894-7797
Long Distance Exchanges: 1-894-5630 (no charge dial)

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B. P.E.I. PUBLIC DEFENDER:

The Public Defender Program has been in existence on Prince Edward Island since 1973. The service is cost shared under a Federal-Provincial agreement which applies in all provinces.

The objective of the program is to ensure equality before the criminal law by making lawyers available to individuals who could not otherwise retain counsel because of financial reasons.

Eligibility is determined by a flexible test which takes into account the applicant's financial ability to afford the probable costs of representation by private counsel.

Contrary to a common misconception, the courts do not assign cases to legal aid staff lawyers. Although legal aid has become an integral part of the justice system, the program is run independently from the courts.

For more information please contact:

Office of the Public Defender
Law Courts Building
42 Water Street
Charlottetown, P.E.I.
Telephone: 892-9131

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C. FAMILY LEGAL AID PROGRAM:

The Family Legal Aid Program is an extension of the Public Defender Program.

The objective of funding legal aid in family law is to ensure equality before the law. In particular, the objective is to enable individuals to exercise and protect their basic rights under family legislation. The program attempts to make free legal services available to eligible persons to the extent that a reasonable man of modest means would pay his own lawyer if faced with the same legal problem.

Eligibility is restricted to persons already on social assistance, or who would be eligible for such assistance if required to pay the probable cost of representation by private counsel.

For more information please contact:

Office of the Public Defender
Law Courts Building
42 Water Street
Charlottetown, P.E.I.
Telephone: 892-9131

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D. LEGAL AID IN OTHER PROVINCES:

Under an inter-provincial agreement, residents of Prince Edward Island now have the advantage of obtaining legal aid in any province of Canada, provided the service would be covered for a non-resident in this province.

For more information please contact:

Office of the Public Defender
Law Courts Building
42 Water Street
Charlottetown, P.E.I.
Telephone: 892-9131

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E. POWER OF ATTORNEY:

Power of Attorney refers to a document signed by one individual authorizing a second individual the power to sign any document on the behalf of the first individual.

Power of Attorney is useful if you are planning to leave the country, if you for some reason are unable to sign cheques, etc. With power of attorney someone else can sign for you.

For more information please contact any law office near you for assistance.

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F. MAKING A WILL:

A will is a legal document that insures that the wealth and possessions you have accumulated, great or small, are distributed as you wish.

The laws of Prince Edward Island provide that a will must be written (or typed), and signed in the presence of two independent witnesses who must sign in each other's presence; otherwise, the will is not valid. You should consult a lawyer for advice about your particular circumstances and how those circumstances relate to your will.

Advantages of having a will:
-To dispose of your property in the manner most suitable to you.
-To allow you to choose the person or persons who will manage your estate.
-To carry out your wishes most economically.
-To provide for your children according to your wishes.

For more information on legal terms and what they mean, drawing up and preserving your will, changing your will, etc., please contact:

The Department of Justice
P.O. Box 2000
Charlottetown, P.E.I.
Telephone: 892-5411

or

Community Legal Information Assoc. of P.E.I.
P.O. Box 1207
Charlottetown, P.E.I.
Telephone: 892-0853

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i) LIVING WILL:

A new concept, although not yet recognized or tested on Prince Edward Island is that of a living will.

For more information on this concept or any other legal matter please contact:

Community Legal Information Assoc. of P.E.I.
P.O. Box 1207
Charlottetown, P.E.I.
Telephone: 892-0853

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G. PROOF OF AGE:

Many reductions and benefits are available to senior citizens. In order to receive them, however, you are often expected to prove your age. This is especially important when you are applying for government pensions and benefits. The following are some important documents you should have on hand.

i) BIRTH CERTIFICATE:

If you were born in Canada, you can obtain your birth certificate by writing to the Vital Statistics Branch of the province in which you were born. Be sure to include your name at birth (first, middle, last). In Prince Edward Island the address is:

Vital Statistics
MacMillan Building
Charlottetown, P.E.I.
Telephone: 892-1001

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ii) BAPTISMAL CERTIFICATE:

The church where your were baptized can supply you with a baptismal certificate. If you don't know the specific church, write the central office of your religious domination. They may have duplicate records.

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iii) SOCIAL INSURANCE NUMBER:

Any government application requires that you have a social insurance number. Applications are available at all Canada Employment (Manpower) Centres.

KINGS COUNTY

Montague
44 Main Street
Telephone: 838-3315

Morell
Royal Canadian Legion
Telephone: 961-2110

Souris
Federal Building
Telephone: 687-3161

QUEENS COUNTY

Charlottetown
85 Fitzroy
Telephone: 566-7781

PRINCE COUNTY

O'Leary
Regional Services Centre
Telephone: 859-2400

Summerside
GOCB-57 Central
Telephone: 436-9194

Wellington
Medical Arts Centre
Telephone: 854-2083

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H. OTHER DOCUMENTS:

If both your birth and baptismal certificate are unavailable, there are other documents which can be used to establish your age. Usually two or more of the following are required:

-Marriage certificate, church roll, communion or confirmation certificate;
-Education documents such as school diplomas, teacher's certificates;
-Hospital or medical records;
-Employment records;
-Military records;
-Court records;
-Family Bible or other personally kept family record.

Establishing the proper identification necessary to prove your age may seem like a lot of trouble, but it is well worth the many benefits and discounts which will be suitable to you.

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I. CONSUMER SERVICES:

i) TIPS ON MAKING A GOOD PURCHASE:

The most important thing to remember when you are buying anything is to use your COMMON SENSE. This means considering questions like: Do I really need or want this item or those services? Are there any hidden costs involved? Asking yourself these questions and shopping around before you buy, can save you considerable trouble and money.

When you are purchasing something, especially if it is for someone else, be sure to ask about the refund and exchange policy of the business you are dealing with. Some firms have time limitations or may charge a fee.

Warranties should also be checked carefully because occasionally the unsatisfactory goods must be returned to the manufacturer rather than the business which sold it to you. In such cases, the cost of claiming your warranty may be more than the item is worth.

All perishable products must have their expiry date clearly marked on them. Be sure to check it before you buy. In many grocery stores the price per unit of a product is given as well as the total cost. This makes shopping easier and can help you save money.

The Consumer Services Division of the Department of Justice offers a wealth of information on consumer tips, contracts, refunds and exchanges, guarantees and warranties, equality in the market place, etc. A number of quizes and questions are provided to test your knowledge. This could be a good idea for your next group meeting.

For more information please contact:

Consumer Services Division
Department of Justice
P.O. Box 2000
Charlottetown, P.E.I.
Telephone: 892-5411

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XV. COPING WITH DEATH:

The loss of a loved one, a job or a home can be as great a shock to the system as an illness or surgery. Just as you would postpone major decisions while healing from surgery so also you should postpone them while healing from the emotional wound or loss. Decisions regarding future lifestyle, property or moving to new living quarters can usually be postponed for a few months without too much difficulty.

A. FUNERAL PLANS AND ARRANGEMENTS:

i) PREARRANGED FUNERAL SERVICES ACT:

Although the topic may be distasteful to you, it is very practical and becoming increasingly more acceptable to pre-plan certain funeral arrangements.

In November 1984, the Prearranged Funeral Services Act became law in Prince Edward Island. This act protects your money as a consumer when entering into a Prearranged Funeral Plan.

Taking care of all funeral arrangements and making the preparations while you are free of emotional strain may save you money and keep your family from making rash, hasty decisions at a time when they are upset.

Prearrangements can be made with the Funeral Home for the total cost and type of funeral service.

For more information on the Prearranged Funeral Services Act please contact:

Consumer Services Division
P.O. Box 2000
Charlottetown, P.E.I.
Telephone: 892-0311

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ii) ASSISTANCE FROM THE DEPARTMENT OF VETERANS AFFAIRS:

a) FUNERALS, BURIALS AND GRAVEMARKERS:

Assistance towards funeral and burial expenses up to an established limit is available to certain eligible persons from the Department of Veterans Affairs.

When a veteran dies on departmental treatment strength, the Department may arrange for his or her funeral and burial if there is no next-of-kin or other person willing or able to do so.

A funeral and burial grant is paid as a matter of right where a veteran died while on departmental treatment strength for a pensionable disability or when the Canadian Pension Commission rules that death is related to military service.

Departmental gravemarkers are provided in Canada under the same general rules that govern the payment of funeral and burial allowances; the Department does not reimburse the costs of gravemarkers purchased privately.

Additional information about funeral burials and gravemarkers may be obtained from:

Veterans Affairs Canada
P.E.I. District Office
Confederation Court Tower
134 Kent Street
Charlottetown, P.E.I.
Telephone: 566-8677

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b) THE LAST POST FUND:

The Last Post Fund is a non-governmental organization that exists to ensure that no former member of Her Majesty's or Allied Active Service Forces, or certain civilians who die in indigent or friendless circumstances, need receive a pauper's burial in Canada. These same services are available to former members of a Canadian Active Service Force and certain civilians if death occurs outside Canada.

The fund may pay an amount, subject to revision from time to time, towards the services normally provided by a funeral director, plus the cost of a grave, including the opening and closing, and will also provide and erect a suitable marker.

Application should be made to the Fund prior to finalizing the arrangements. If, due to extenuating circumstances, application was not made prior to burial, and the Fund would otherwise have accepted responsibility, the Fund may still provide financial assistance and erect a gravemarker.

Representatives of the Fund may be reached by contacting your Royal Canadian Legion, funeral directors or Department of Veterans Affairs office.

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B. WELFARE ASSISTANCE ACT:

Assistance for burial expenses may be granted from the Welfare Assistance Act only if the Director determines that there is no other means of meeting burial and transportation costs.

For more information on burial expenses and the provisions under the Welfare Assistance Act please contact the Regional Services Centre in your area. See page 12.

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C. ARRANGING YOUR AFFAIRS:

Do you know where your important papers and documents are located? Are they together or scattered?

It is unlikely that your survivors can find these papers if you do not know where they are. Several of your immediate family or friends, should be intrusted with the locations of your important documents. Simply prepare a personal record listing the locations of the following:

-birth certificate
-social insurance number
-marriage certificate
-safety deposit box and keys
-securities and records
-power of attorney
-burial plans
-armed services record
-old age security number
-will
-insurance policies
-mortgages
-deeds
-tax bills
-leases
-debts
-bank accounts

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D. MAKING A WILL:

Many potential problems and delays can be avoided by drawing up a will. You may feel it isn't worth it because you have so little to leave but you probably have more than you realize. For more information on making a will turn to section XII on Legal Information page 121.

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E. DEATH CERTIFICATE:

In most situations, funeral directors look after the arrangements regarding the death certificate and have it submitted to the Registrar of Vital Statistics. In a case of sudden death the police are usually the first ones called. The police will determine if foul play was involved. The coroner will be called in and the body will be taken to the hospital where in some cases an autopsy may be performed. The police are responsible for putting the proper documents in order.

If you require copies of the death certificate for insurance purposes, they can be obtained, for a small fee from the following location:

Vital Statistics
MacMillian Building
Charlottetown, P.E.I.
Telephone: 892-1001

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